AMBULATORY CARE NEED

Central Va. Health Planning Council, Inc.

The Central Virginia Health Planning Council announced today the start-up of a survey in Planning District II to determine the ambulatory care needs of the area. Ambulatory care relates to treatment of patients in a walk-in setting in doctor's offices, clinics or hospital outpatient departments rather than bed confinement in a hospital.

The objectives of the Study involve determing the extent of utilization of the Emergency Departments and clinics, how hospitals view their roles in meeting Ambulatory Care Needs, the extent to which all current and future health care resources can meet identified needs and developing a forecast of the Ambulatory Care Needs for Planning District II through 1980.

The Ambulatory Care Study will recommend that specific actions be taken to implement ambulatory care plans which will be developed as a result of this study.

Westinghouse Health Systems, The Contractor, is headquartered in Columbia, Maryland, and has regional offices in Pittsburg; Miami; Los Angeles; Cleveland; Seoul, Korea; and Kingston, Jamica. For the past 8 years Health Systems has been working both domestically & internationally with health palnning agencies and other regional State and community groups to analyze health care demands and requirements. Based on the identification and selection of medical resources such as hospital beds, clinical and other services and medical professionals, Health Systems has produced recommendations to efficiently and effectively meet the health care needs of the area situation - both now and for the future.

Tasks to be performed by Westinghouse Health Systems involve four phases:

Phase I: Collecting data in interviews with Hospital Administrators, the Lynchburg Health Department personnel and private physicians and gathering data from Emergency Rooms, Outpatient Departments, regional Health Department Clinics and ancillary health agencies.

Phase II: Analyzes the data collected in Phase I in which tables will be produced characterizing ambulatory care resource utilization.

Phase III: Covers Action Plan Development in which Westinghouse recommends goals for maximum utilization of present and future ambulatory care resources.

The Final Report will be prepared by Westinghouse in Phase IV.

The progress of the study is being reviewed by an Ambulatory Care Committee chaired by Mr. Richard Jacque, a member of the Health Council, and by other Health Council members broadly representative of the hospital, physician, regional-State-public health and consumer sectors. The Committee's role is to review the results of the Westinghouse study for practicality in light of present ambulatory care system utilization in Planning District II. The Committee will evaluate data and conclusions by Westinghouse before the Final report is prepared so as to modify certain conclusions that are not in harmony with local health care delivery activities. Particular attention will be paid to health care access for City and rural areas. Mr. Richard Plaster, Director, reports the Project will be completed December 31, 1975, most of the Phase I has been completed.

This project is sponsored by a Virginia Regional Program Contract.

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•Judges decision will be final.

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...and Know-How ...Task

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...hand might seem ...but today's paints ...series make it ...easy to have the ...is no time- ...and know-how are ...through paint!

...use the right paint: ...there are two basic ...wood paint: latex ...as water-based, ...and oil-based

...dries quickly, is ...easy to apply with ...clear. Excess paint ...can be readily ...with detergent or ...water. Flat latex paint ...soft dull finish on ...walls, while enamel ...a semi-gloss finish, ...ideal for wood work, ...and bathroom

...paint is available in ...gloss finishes and ...durability and ...and hiding pro... ...prevents blistering, ...strong bond to the ...relatively easy to ...and paint takes ...than latex. Paint ...smudges need to ...dry with a thinner ...online.

...paint seals and ...surface for best ...top-coat paint. It is ...to surfaces that ...been painted. There ...of primers, each ...properties. Top... ...guides suggest the ...to use.

...for painting by ...materials. Some ...are rollers for ...faces and brushes ...woodwork. Choose ...when spreading and ...range in mind. ...brushes work ..., while a natural ...is often suggest... ...paint.

...containers are ...supporting paint ...Roller pans, ...cloths, dropcloths ...ers, a sturdy ...extender pole for ...the ceiling and ...to protect areas ...being painted

...Baptist Church

...God will help me.

...program will be at ...church in Concord, ...memorial of sister ...West, the third ...September at 3:30 ...will be a lot of ...expecting some ...each church she ...am expecting a full ...early and have ...evening.

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...202
...Virginia 24522
...2991

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should also be on hand.

Prepare the room and surface to be painted. Clear the area of all light furniture, light fixtures, key and switch plates and door knobs. Place drop cloths on unmovable objects and the floor. Put paint cans atop newspapers or cardboard to catch drippings.

The surface to be painted should be clean, smooth and dry. Dust with a dry mop or vacuum cleaner attachment. Scrape loose, peeled paint, and sandpaper rough spots. Fill small holes with spackling compound and larger ones with patching plaster.

If walls are greasy or particularly soiled, scrub them with a detergent or soap and water solution. Wash walls from the bottom and work up to the ceiling to avoid streak marks. Rinse well. Let the surface dry thoroughly as paint applied to a wet surface could blister and crack.

Read all directions on the paint can, primer and/or thinner product before using. Stir paint according to instructions. Dip a roller in a roller pan of paint, press off excess in the pan. Dip a brush about one-third into the paint can; scrape the excess against the inside edge of the bucket.

Use masking tape along edges of trim, moldings, ceiling to wall, or wall to floor, to prevent overlapping and smudges, particularly if colors are different.

Paint the ceiling first, then the trim, including door and window frames and doors. Paint walls and baseboards last. The ceiling should be painted across the width, so that you can get to the next strip before the last one dries. Paint walls from the ceiling to the floor. Wait until the surface is completely dry before applying a second coat.

Clean up spatters of latex paint with a sponge or mop dipped in sudsy water, as you work or when the job is finished. Soak paint brushes and rollers in suds; then wash and rinse thoroughly. Use the thinner recommended on the paint can or turpentine to remove oil-based paint spots. Dip saturated rollers and brushes in the thinner; loosen paint by working the brush against the side of the container. To remove excess cleaning solution, brush the bristles across a newspaper. Launder soiled cloths and clothing as soon as possible; seperating them from other laundry. It is easier to clean fabrics when paint spatters are still wet. Remove latex paint from clothing and cloths by rinsing in warm water first, then launder as usual. Use a recommended thinner or turpentine to remove oil-based stains. Rinse, rub with bar soap and launder.

RECEIPE OF THE WEEK

Banana-Cranberry Bread

1/2 cup shortening
2/3 cup sugar
2 eggs - beat one at a time
1 3/4 cups flour
2 teaspoons baking powder
1/4 teaspoon soda
1 cup cranbery sauce (whole cranberries)
1 cup mashed bananas
1 cup nuts
1/4 teaspoon salt

Cream sugar, shortening, add eggs, bananas, cranberries, nuts. Then mix with flour, baking powder and soda. Bake in loaf pan 350°from 60 to 65 minutes. Delicious plain or served with a thin spread of creamed cheese.

ACHS CAFETERIA MENU

Mon., Nov. 17 - Beef pattie w/gravy, mashed potatoes, string beans, roll, chilled tomatoes or prunes, milk.

Tues., Nov. 18 - Macaroni, tomatoes & ground beef, cabbage and carrot slaw, rolls, cake w/icing, milk.

Wed., Nov. 19 - Submarine Sandwich, French fries, apple sauce, peanut butter cookie, milk.

Thurs., Nov. 20 - Pig in Blanket, Dried Beans, Cole Slaw, Orange Wedges, Milk.

Fri., Nov. 21 - Tomato soup, grilled cheese sandwich, gingerbread w/lemon sauce, milk.

PRIMARY SCHOOL CAFETERIA MENU

Mon., Nov. 17 - Tomato soup, peanut butter jelly sandwich, yellow cake, potato chips, milk.

Tues., Nov. 18 - Corn dogs, French fries, green peas, vanfla pudding, milk.

Wed., Nov. 19 - Meat loaf, green beans, buttered whole potatoes, rolls, butter, milk.

Thurs., Nov. 20 - Sausage patties, fried apples, blackeye peas, cheese wedge, biscuits, butter, milk.

Fri., Nov. 21 - Spaghetti, turnip greens, sliced pineapple, rolls, butter, milk.

Lt. J. L. Hedrick, 1st Vice-President; District Governor Donald S. Houser; Samuel Waddell, President; and Lewis Driskill, Zone Chairman; are shown left to right above at the Thursday night meeting of the Appomattox Lions Club.

LIONS DISTRICT GOVERNOR VISITS LOCAL CLUB

Donald S. Houser, Lions' District Governor, made his official visit to the Appomattox Lions Club when it held its regular meeting Thursday night, Nov. 6, at the Parkway Restaurant.

Mr. Houser was introduced by Lewis Driskill, Zone Chairman. District 24B is comprised of 54 Lions Clubs.

The District Governor commended the Appomattox Club for being in the top three of the 54 clubs in the District. He also reported that the Appomattox Club gave in excess of $1500.00 last year toward Sight Conservation and this was commendable. He said that a new Eye Hospital was to be built in Richmond in the very near future.

Mr. Houser challenged the members of the Appomattox Lions Club to work to increase its membership by 10%.

The Lions Club is an International Service Organization with one million, one hundred thousand members with only 49% of its membership in the United States. This makes the Lions Club the largest service organization in the world.

APPOMATTOX MIDDLE SCHOOL CAFETERIA MENU

Mon., Nov. 17 - Meat loaf w/tomato sauce, whipped potatoes, green peas, cookie, school made bread, milk.

Tues., Nov. 18 - Fish square, macaroni & cheese, string beans, peaches, school made bread, milk.

Wed., Nov. 19 - Tomato soup w/crackers, hot dog on bun, fruit w/brownie, milk.

Thurs., Nov. 20 - Hamburger w/gravy, whipped potatoes, mixed vegetables, fruit, school made bread, milk.

Fri., Nov. 21 - Barbecue on bun, lima beans, potato chips, orange juice w/cookie, milk.

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TO THE VOTERS OF STONEWALL DISTRICT

I take this opportunity to express to each of you my appreciation for the courtesy and support shown me and my family during my recent campaign. Especially to each of you who saw fit to support me on November 4th, a big "Thank You."

The majority have chosen Mr. Otho Martin to represent us for the next four years. I ask each of you to join with me and work with him in any way we can to make our county a better place to live.

Thank You,
CLAUDE A. MOORE

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